**Do you have chronic pain?**

Want to be more active, happy and live with less pain?

Want to be with others who understand what you are going through?

Want to use less pain medication?

**Join the**

**Pain** & **Wellness Group**

a weekly two-hour group of people sharing support and learning new skills to improve their health

**We can help!**

Learn new skills for living a happier healthier life ~

* + Relaxation
  + Healthy eating
  + New fun ways to exercise
  + Problem solving
  + Self-care
  + Helping others
  + Art for wellness

The Pain & Wellness group is led by a psychologist and a medical provider.

**No medications are prescribed at the Pain & Wellness Group.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Miller Wellness Center**, Martinez: Thurs. 10:00 a.m. – Noon, Group Room 1

**Pittsburg Health Center**, Tuesdays 10:00 a.m. – Noon, 1st floor, Cypress Room

**West County Health Center**, San Pablo: Mon. 1:30 – 3:30 p.m., Group Room A

***\*For your first appointment, please arrive 30 minutes early for orientation!***